



BEAR RIVER AREA AGENCY ON AGING

SENIOR RESOURCE GUIDE

Fitness and Wellness Programs

Serving Box Elder County

Bear River Natatorium

1455 North Main

Garland

UT

84312

Phone: (435) 257-7665

Web:

Brigham City Senior Center

24 North 300 West

Brigham City

UT

84302

Phone: (435) 723-3303

Web: www.bcseniors.org

Several dance and exercise classes offered to seniors.

H2U Program at Brigham City Hospital

950 South 500 West

Brigham City

UT

84302

Phone: (435) 734-4578

Web: www.h2u.com

Exercise equipment, classes, group walking programs, social gatherings, and travel opportunities available.

Physiques Finest

770 South 200 East

Brigham City

UT

84302

Phone: (435) 723-9898

Web:

Silver Sneakers Humana Health program offered to seniors.

Serving Cache County

Cache County Senior Citizen's Center

240 North 100 East

Logan

UT

84321

Phone: (435) 755-1720

Web: www.cachecounty.org/seniors

Daily classes and activities plus exercise equipment available to seniors free of charge.

Hyrum Senior Citizen's Center

675 East Main Street

Hyrum

UT

84319

Phone: (435) 245-3570

Web: www.hyrumcity.com

Exercise equipment and fitness videos available daily to seniors free of charge.

Logan Recreation Center

195 South 100 West

Logan

UT

84321

Phone: (435) 716-9250

Web: www.loganutah.org/site/id/reccenter.htm

Lower senior rates on monthly passes.

Sunshine Terrace Wellness Center

209 West 300 North

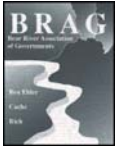
Logan

UT

84321

Phone: (435) 752-9321

Web:



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T'ai Chi Chuan Classes

Whittier Center, 290 North 400 E.
Logan UT 84321

Phone: (435) 563-8272

Web: www.whittiercenter.org
